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Schwinn IC PRO Bike
Owners Preventative Maintenance Guide

RIDE RIGHT™

SCHWINN QUALITY®

Schwinn IC PRO
Owner's Maintenance Guide

Recommended maintenance	Daily	Weekly	Monthly	Quarterly
Release the brake knob at the end of each class. See activity 1	X			
Remove the handlebar post after the last class and clean. See activity 2	X			
Clean bike . See activity 3	X			
Inspect for any damaged or worn parts (i.e. Pedal straps). See activity 4	X			
Inspect bike for any loose parts . See activity 4		X		
Clean and lubricate pop pins, flywheel, and handlebar/seat posts. See activities 5, 6 and 7		X		
Check crank arm bolts. See activity 8			X	
Lubricate brake pads. See activity 9, 10 and 11			X	
Lubricate the drive chain. See activity 12			X	
Lubricate knob thread . See activity 13				X

Tools and lubricants required:

- 14mm wrench
- 15mm pedal wrench
- Phillips screwdriver
- 3, 4 and 8mm Allen key
- Schwinn Silicone spray (Part # 72016) or other Silicone-based spray
- Teflon based lubricant
- Multipurpose grease
- Cloth

ACTIVITY 1 - Daily

Adjust resistance knob to the least resistance at the end of each workout.

ACTIVITY 2 - Daily

Remove handlebar post, clean sleeve and leave beside bike overnight to allow handlebar sleeve to dry.

IMPORTANT NOTE: Never use a petroleum-based solvent when cleaning.

ACTIVITY 3 - Daily

Spray some Schwinn Silicone or other silicone-based spray onto a clean cloth and clean the bike; this will preserve the condition of the bike.

IMPORTANT NOTE: Never use a petroleum-based solvent when cleaning.

ACTIVITY 4

Check the pedal threads are tight using a 15mm open-ended wrench; tighten the left pedal by turning anti-clockwise and tighten the right pedal by turning clockwise. Additionally check for any loose parts (i.e. pop pins, seat, water bottle holders & leveller feet) and tighten as required.

ACTIVITY 5 - Weekly

Clean and lubricate all pop pin threads with Schwinn Silicone or other silicone-based Spray.

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ACTIVITY 6 - Weekly

Spray some Schwinn Silicone or other silicone-based spray onto a clean cloth and turn flywheel until the rim is clean and lubricated.

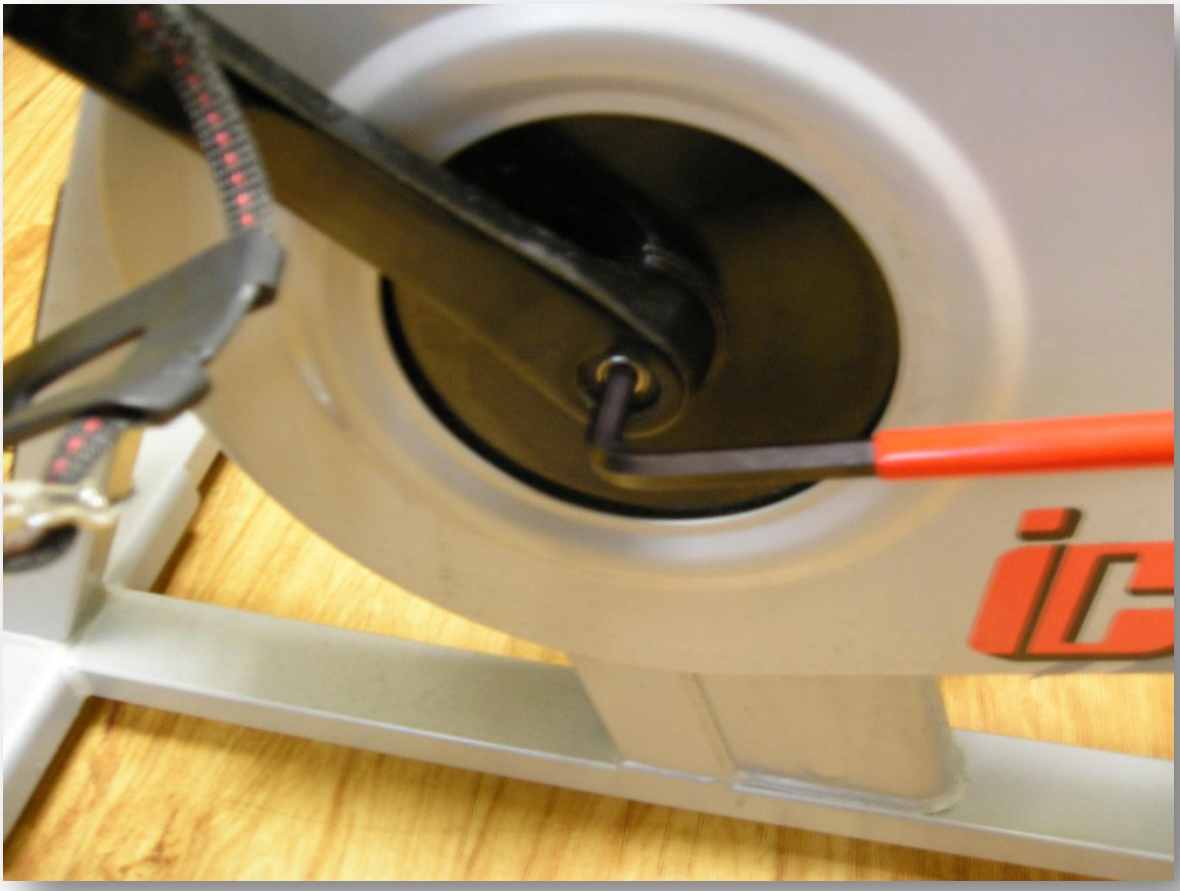
IMPORTANT NOTE: Never use a petroleum-based solvent when cleaning.

ACTIVITY 7 - Weekly

Remove seat and handlebar posts (seat post shown) and lubricate with Schwinn Silicone or other silicone-based spray.

IMPORTANT NOTE: Never use a petroleum-based solvent when cleaning.

ACTIVITY 8 - Monthly



Check crank arm bolts are tight using an 8mm Allen key. To tighten, turn bolts clockwise on both sides.

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ACTIVITY 9 - Monthly

Remove both Brake pads by adjusting the tension knob to the least resistance and remove the bolt, spring and two washers using a 4mm Allen wrench. In some cases the Brake pads are secured by two Philips screws, for this type of fitting remove both screws.

ACTIVITY 10 - Monthly

Slide brake pad out by applying lateral pressure on the brake assembly. Please note the brake pads with the 4mm bolt fitting are handed, so when replacing the existing or fitting new brake pads ensure they are fitted to the correct side. The brake pads with the screw fitting are not handed.

ACTIVITY 11 - Monthly

Clean existing or replace worn/damaged brake pads. Before replacing spray a generous amount of Schwinn Silicone or other silicone-based spray on both brake pads and replace, after this is completed tighten the brake knob to the highest resistance for approximately 30 minutes to allow the lubricant to penetrate through the brake pads. Following these guidelines will extend the life of the brake pads.

ACTIVITY 12 - Monthly

Lubricate the drive chain through the rear access hole ONLY with a Teflon based lubricant; two revolutions of the crank arm will lubricate the entire chain. Do not over lubricate the chain as the lubricant will drip out the bottom of the chain guard.

IMPORTANT NOTE: DO NOT REMOVE THE CHAIN GUARD. IT IS NOT SAFE AND NOT REQUIRED TO LUBRICATE

ACTIVITY 13 - Quarterly

Remove either the left or right shroud using a Philips screwdriver and lubricate the tension knob thread with a multipurpose grease can.

Important Additional Information

THIS DOCUMENT IS INTENDED AS A GUIDE ONLY.
For full information on your bike please refer to the owner's manual

Lubricants: The silicone spray can be purchased though Schwinn service department. Please contact service@schwinncycling.co.uk for more information. The Teflon based lubricant and grease is widely available at hardware shops.

Annual Service: To maintain your bikes in excellent working condition and potentially increase the life cycle of your product, we recommend to get your Schwinn bike serviced by a qualified Schwinn technician on a yearly basis. Please contact service@schwinncycling.co.uk for more information.

Other useful resources: Please visit our website and our YouTube channel www.youtube.com/user/SchwinnIndoorCycling to find useful videos and documents such as the owner's manual that will help you keep your bike in great condition.

www.Schwinnequipment.com

Preventative Maintenance is compulsory for a warranty claim. The performance and longevity of Schwinn indoor cycles relies on a thorough preventative maintenance as explained on this document.

Keep your warranty and give your customers a great experience every time, take care of your bikes!

RIDE RIGHT.™
IN 1995, SCHWINN® INTRODUCED
THE FIRST
PRODUCTION BIKE DESIGNED SPECIFICALLY
FOR INDOOR CYCLING,
AND WE HAVE BEEN AT THE
FOREFRONT OF THE
INDOOR CYCLING PHENOMENON
EVER SINCE.
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